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Wednesday, July 13, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

PEDAL TO THE MEDAL

Local keirin cyclist is hunting for hardware in Rio. 18

5 primers on the #BlackLivesMatter movement. 14

Philly musician sings songs of peace. 16

WHEN DID JOE KNOW?

Late Penn State coach was told about sexual abuse in 1976, according to unsealed court records, 22 years earlier than had previously been revealed. 2

GETTY IMAGES

3 THINGS YOU NEED TO KNOW

FIVE PEOPLE SUSPECTED OF SHOOTING AT POLICE ARRESTED IN DC

1 Five people suspected of shooting at police officers before barricading themselves inside a vehicle in Washington D.C. were arrested, police said. No one was reported injured in the incident, which took place days after five police officers were fatally shot during a demonstration in Dallas to protest at police violence against black men and other minorities. In the incident in Washington D.C., officers in marked patrol cars were responding to reports of gunshots just after midnight in the southeast of the city when at least one person inside a parked SUV opened fire on the patrol cars, a spokeswoman with the Metropolitan Police Department said. The officers returned fire, the spokeswoman said, and the five suspects — three women and two men — hid inside the vehicle during a 30-minute standoff before surrendering. REUTERS

BODY OF MISSING US AIRMAN FOUND IN RIVER IN ITALY

2 The body of a U.S. airman was found on Tuesday in a river in northern Italy near where he went missing 10 days ago, a spokesman for local Carabinieri military police said. Halex Hale was identified by relatives and colleagues from the Aviano air base north of Venice. U.S. media said he was 24 years old and from Indiana. A local man spotted Hale's body being carried down the river by a strong current on Tuesday morning, and called the police. There were no evident signs of violence on the body, the police spokesman said, adding an autopsy would be carried out on Wednesday morning. REUTERS

TWENTY KILLED, DOZENS INJURED AS TRAINS COLLIDE IN ITALY

3 Twenty people died and dozens were injured on Tuesday when two passenger trains collided at high speed in southern Italy, sending debris flying into surrounding olive groves. Three carriages were torn apart by the violence of the impact after the two trains hit each other head-on as they traveled down the same stretch of track that links the small towns of Corato and Andria in the region of Puglia. "Unfortunately the death toll has risen to 20," said Giuseppe Corrado, deputy head of the local province. He appealed for blood donors to go to local hospitals, with at least 30 people hurt in the crash. There was no immediate indication of what had caused one of Italy's worst train disasters in recent years, but the government promised a full and swift investigation. REUTERS

Witness: Paterno was told about sexual abuse in 1976

Joe Paterno, above, has had his legacy tainted by convicted child molester, assistant coach Jerry Sandusky, below. GETTY IMAGES

Unsealed court records show alleged incident of abuse ignored by head coach dating to well before other incidents Sandusky was convicted of.

Penn State football coach Joe Paterno was told by a 14-year-old boy in 1976 that he had been sexually assaulted by assistant coach Jerry Sandusky but ignored the complaint, according to court documents unsealed on Tuesday in a Philadelphia court.

The alleged attack occurred long before a 1998 incident that investigators had set as the earliest date that Paterno and university officials knew, or should have known, about reports to authorities of sexual abuse by Sandusky.

The victim, who was identified in court records as John Doe 150, gave graphic testimony in 2014 about an abusive touching incident he said he suffered at the hands of Sandusky when he was in a shower while attending a football camp at Penn State.

His redacted statement released in Philadelphia's Court of Common Pleas was among excerpts of depositions by accusers who said they reported abuse to Paterno or his assistants in the 1970s and 1980s.

When staff members were told about the molestation they did nothing, the man said. He said he then spoke to Paterno, with several people nearby.

"I don't want to hear about any of that kind of stuff, I have a football season to worry about."

Paterno, according to the witness

"'I don't want to hear about any of that kind of stuff, I have a football season to worry about,'" the man recalled Paterno as saying before walking away.

"I was insulted," said the man, who is among more than 30 Sandusky accusers paid almost $93 million by Penn State.

The deposition was among records unsealed in a legal fight between Penn State and its insurer, Pennsylvania Manufacturers Association Insurance Co., over who should bear the costs of the claims linked to Sandusky.

Sandusky, 72, is in prison after a jury convicted him in 2012 of molesting 10 boys in incidents dating back to the 1990s.

Paterno, the most successful coach in major college football history, died in 2012 at 85. He denied any knowledge of sexual abuse by Sandusky.

Through its lawyer, Wick Sollers, the Paterno family rejected allegations in the materials that had been ordered unsealed by Judge Gary Glazer.

"The overwhelming evidence confirms that Joe Paterno never engaged in a cover-up of Jerry Sandusky's crimes," Sollers said in a statement.

Penn State President Eric Barron said in a statement that the school would not comment on the materials. Penn State's overriding concern has been for Sandusky's victims, he said. REUTERS

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Pro-gay counter-protest to meet Westboro Baptist Church during DNC

Gay protesters, left, plan to clash with the church, right. PATRICK HAGERTY/METRO

The infamous tiny church will be bringing their antics to Philly for the Democratic National Convention.

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With dozens of protests planned for the rapidly approaching Democratic National Convention, it's only natural that America's most infamous protesters had to hop on the bandwagon.

The Westboro Baptist Church (WBC), known for their flamboyant signs with the slogans "God hates f—s" and protesting soldiers' funerals, announced that it will be present during the DNC.

Currently WBC's application for a permit with the city to hold what they describe "peaceful religious demonstration featuring signs, banners, placards, flags and music" attended by 10 people outside the Wells Fargo Center on July 26 and 27 is still pending.

So while it remains unclear if they will protest side-by-side with the thousands of Bernie Sanders supporters and Black Lives Matter activists, among others, who are expected to protest as top Democrats gather, they have scheduled another stop in Philadelphia.

The church's members announced recently that they will instead be picketing outside the Mazzoni Center, a health-care provider for the LGBT community.

The Mazzoni Center sparked the ire of the WBC, who describe the center on their website as "open, running sore of sodomite filth," for providing health services to LGBT individuals.

"They should be teaching abstinence, setting up quarantines and demanding that all sodomites put a covering over the upper lip & cry 'UNCLEAN, UNCLEAN!' whenever another human approaches, as the law of the leper. (Leviticus 13:45)" WBC stated on their event page.

The WBC, a small extremist Christian sect based in Kansas, is known for not actually showing up at the protests they announce in a quest for constant publicity.

But either way, more than 150 people have already R.S.V.P.'d to attend a quickly planned pro-LGBT counter-protest to support the Mazzoni Center and block WBC's message from reaching any patients there that day.

"Come protest the silliest protesters of all time!" the protest's Facebook event page stated.

The WBC has also announced planned protests outside the Republican National Convention in Cleveland, set to take place on July 19-20.

They say they will be outside the Mazzoni Center on July 26 at 2:15 p.m.

Shirley Phelps-Roper of the Westboro Baptist Church GETTY IMAGES

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Judge: UberX still illegal despite PPA truce

Judge rules in favor of opponents of an Uber-PPA truce, but unclear what will change.

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A Philadelphia judge sided Tuesday with a diverse coalition opposing a new deal that "semi-legalized" Uber in the city, saying she would order "a stay" on the agreement — although it's unclear what, if anything, that will change.

"Right now, the regulations are that UberX is illegal in Philadelphia, until the commonwealth of Pennsylvania changes that," Judge Linda Carpenter said Tuesday, calling UberX a "hack" taxi.

Members of the Fair Ride Philly coalition, which includes activists for the disabled, Uber Black drivers and cabbies, were in court Tuesday after filing for an emergency injunction to halt the 90-day truce between the Philadelphia Parking Authority (PPA) and Uber to allow UberX and UberPOOL to operate in the city.

Carpenter's written ruling only upheld her past rulings that UberX is illegal, and did not specify any actions regarding the PPA-Uber truce.

"Judge Carpenter's order does not invalidate our agreement with the PPA in any way," an Uber spokesman said in a statement. "We look forward to serving Philadelphia during the DNC and throughout the summer."

The truce was trumpeted last week at a press conference as the resolution to the city's need for transportation due to the ongoing SEPTA Regional Rail crisis and the impending Democratic National Convention (DNC).

PPA executive director Vince Fenerty originally said UberX and UberPOOL were "semi-legalized," but later said that meant they would not face enforcement actions for illegal activity under the Uber/PPA agreement.

Taxi drivers and people with disabilities came to City Hall seeking an injunction against the PPA's deal with Uber, saying it doesn't fulfill the obligations spelled out in the Americans with Disabilities Act. CHARLES MOSTOLLER

The deal, which was entered into evidence but is listed as private and confidential, Carpenter said, also included an agreed $350,000 settlement of PPA fines to be paid by Uber when a deal in Harrisburg to legalize Uber and the similar taxi app Lyft is enacted into law.

"As far as this backroom deal, there was no need for it, because there's already enough legal Uber drivers who could have given some relief to SEPTA riders," said Vincent Wilson, an Uber Black driver who was one of the plaintiffs asking for the injunction, referring to other Uber Black drivers who have paid to be licensed and approved through the PPA like regular cabbies.

"Most of the areas that could use the relief are outside the PPA's area anyways, along the Regional Rail lines. … If they really wanted to do a relief, they could have lowered prices and absorbed some of the cost for their riders," Wilson argued. "Why is Lyft not included in that? Because Uber paid. That's the bottom line."

Judge Carpenter warned a crowd of several dozen Uber Black drivers, cabbies and activists with disabilities in her courtroom that "this may be a hollow victory."

"This truly is up to the Legislature, and they may meet before the DNC, knowing how important this is," she said.

Representatives of the PPA did not respond to requests for comment by deadline.

Activists for the disabled said they want to prevent the expansion of Uber, claiming it has limited the growth of handicapped-accessible taxis in the city. They say Uber WAV (wheelchair accessible vehicles) are rare. There are currently 32 handicapped-accessible medallion taxis in Philly, out of about 1,650 medallion cabs.

Latoya Maddox, 32, of Germantown, who uses a wheelchair, said she can't rely on cabs or Uber, which is of particular concern providing care for her 5-year-old son, who has asthma.

"If there's an emergency at night, I have to call the ambulance for him — then I have to get dressed and take the bus," she said. "Sometimes I want to be able to just get up and go, and I can't do that."

Judge Carpenter scheduled an evidentiary hearing on the injunction for July 22.

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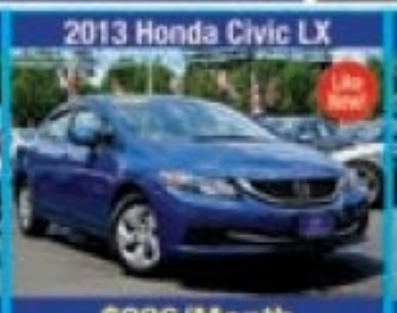

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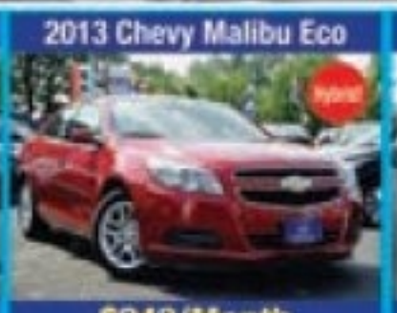

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Anti-fracking protesters give Dems a pooh-pooh with poo

A group of anti-fracking activists with the Food & Water Watch have launched an art installation that's sure to get the Democratic Party's attention. Their message: Fracking is crappy.

Literally.

On Tuesday, the group unveiled their artistry, a modification to the Donkeys Around Town series found around the city ahead of this month's Democratic National Convention. Artists Tamara Clements and Becca Epstein spray-painted the message "No ban on fracking? The Dem platform is crap" and placed poop sculptures underneath the fiberglass donkey in the City Hall courtyard.

Eighteen other donkeys, mostly along Broad Street, were decorated with the droppings, made of papier-mâché.

Tamara Clements with the group Food and Water Watch, places two pieces of fake poop underneath one of the DNC donkeys. CHARLES MOSTOLLER

Sam Bernhardt, senior organizer at Food & Water Watch, introduced the stunt, called "The Crappy Platform."

"We think our amendment to this exhibit provides a little bit more clarity as to the situation regarding the Democratic Party platform and their position on fracking," Bernhardt said Tuesday.

"Over the past several weeks, the Democratic and Republican parties have been convening a series of committees to draft their respective platforms. A ban on fracking should be among the goals included in both parties platforms," Bernhardt said, citing a recent Gallup poll that indicated 51 percent of the general public opposes fracking, up from 40 percent in 2014. Only 25 percent of Democrats said in the poll that they support fracking.

Fracking, the process of extracting natural gas and oil from below the earth's surface, can contaminate water supplies and has been linked to small tremors.

Presumptive Democratic nominee Hillary Clinton has called for regulation and a moratorium on expanded fracking, and said she would support fracking only under specific conditions. She is against it if "any locality or any state is against it," "when the release of methane or contamination of water is present," and "unless we can require that anybody who fracks has to tell us exactly what chemicals they are using."

Her former opponent, Bernie Sanders, who endorsed Clinton Tuesday, had a simpler answer: "No, I do not support fracking."

Meanwhile, Republican presumptive nominee Donald Trump has indicated he supports the gas-extraction method.

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Woman convicted in gay assault out of jail

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ALEXIS SACHDEV
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Knott PROVIDED

Kathryn Knott was released from Riverside Correctional Facility Tuesday after serving five months for her role in a gay bashing.

Common Pleas Judge Roxanne Covington granted a motion for her parole, according to court documents. Now, Knott must serve two years of probation, during which she cannot enter Philadelphia unless on official court business, and must pay a $2,000 fine.

Knott, 25, of Bucks County, was sentenced in February, 18 months after she and three others were arrested for attacking a gay couple in Center City.

Andrew Haught and Zachary Hesse were walking in the Gayborhood on Sept. 11, 2014, when Knott and a group of her 14 friends came upon the couple.

They group called out homophobic slurs and began physically attacking the couple, the Philadelphia Gay News reported. Haught suffered a broken jaw and eye socket; Hesse sustained minor facial injuries.

Along with Kevin Harrigan and Philip Williams, Knott was arrested and charged. Her co-defendants pleaded guilty and received probation and community service. Knott chose to take her case to trial.

Knott has served her minimum sentence of five to 10 months, Philly Mag reported. According to a report issued by the jail, Knott had no disciplinary issues and her parents had been "very involved" with their daughter while she served time.

But Knott is still wrapped in legal battles, according to Philly Mag.

Haught and Hesse have filed a civil lawsuit against Knott and the other two convicted attackers.

Meanwhile, a Montgomery County woman has a $5 million suit against Knott in retaliation for anonymous comments she posted about Knott online.

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Sanders endorses Clinton for White House in show of unity

Sanders put their bitter primary campaign behind them and said she would take up the fight to ease economic inequality, make college more affordable and expand health care coverage for all Americans.

Sen. Bernie Sanders, endorses former Secretary of State Hillary Clinton for president of the United States at a campaign rally at Portsmouth High School on Tuesday in Portsmouth, New Hampshire. GETTY IMAGES

Democrat Bernie Sanders endorsed former rival Hillary Clinton for president in a show of party unity on Tuesday, saying she was the best candidate to fix the country's problems and beat Republican Donald Trump in the Nov. 8 election.

"This campaign is about the needs of the American people and addressing the very serious crises that we face, and there is no doubt in my mind that, as we head into November, Hillary Clinton is far and away the best candidate to do that," he told a raucous crowd in Portsmouth, New Hampshire, that included plenty of vocal Sanders supporters.

"I intend to do everything I can to make certain she will be the next president of the United States," the senator from Vermont said.

His endorsement, coming five weeks after Clinton became the presumptive Democratic presidential nominee, brought the most prominent holdout in the party's liberal wing into her camp. Sanders threw Clinton his support less than two weeks before the Democratic National Convention in Philadelphia, where she is to be formally nominated.

"I can't help but reflect on how much more enjoyable this election will be now that we are on the same side," Clinton said of Sanders.

In a statement, the Trump campaign said Sanders was now officially part of the rigged system he had criticized during his long primary battle with Clinton.

"Bernie's endorsement becomes Exhibit A in our rigged system — the Democrat Party is disenfranchising its voters to benefit the select and privileged few," said Stephen Miller, a senior policy adviser to Trump.

Clinton hopes the joint appearance will help her win over Sanders supporters, some of whom carried Sanders signs into the rally and frequently drowned out her backers. In recent Reuters/Ipsos polling, only about 40 percent of Sanders backers said they would back Clinton, and the crowd at Tuesday's rally made it clear she still had work to do. REUTERS

US gay gun group's membership surges after Orlando killings

At a local shooting range, the 23-year-old president of the Salt Lake City chapter of Pink Pistols, a national lesbian, gay, bisexual and transgender gun club, helps a tattooed member improve his marksmanship.

An openly gay professional bodypiercer, Matt Schlentz said members of the LGBT community feel more at risk of being a victim of a hate crime or violent assault. The mass murder at a gay nightclub in Orlando, Florida, last month, confirmed their concerns.

"Every gay person, every lesbian, every transgender, everybody in-between and every street person, we all know someone who has been the victim of a crime, a hate crime or some type of violent assault," he said in an interview.

Assorted pistols on display GETTY IMAGES

Before the Orlando shootings in June, the Pink Pistols, with more than 45 chapters across the United States, had about 1,500 members. The day after the killing spree, its numbers soared to more than 4,000 and have since risen above 8,000.

"Orlando, being the largest mass shooting in American history and pointed at gays, I think it was a huge eye opener for people," Schlentz said. "The world is not a perfect place, and we need to take safety into our own hands."

Pink Pistols, which was founded about 20 years ago, promotes the safe, legal use of firearms for self-defense of the LGBT community. There are no fees or forms to fill out, and membership is open to all.

"We teach queers to shoot," the group says on its website. "Then we teach others that we have done so. Armed queers don't get bashed."

Schlentz meets with members at shooting ranges for practices and training. The group also helps members not familiar with weapons to select and buy guns and ammunition. REUTERS

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New Black Panther Party will openly carry guns in Cleveland if legal

The New Black Panther Party, a "black power" movement, will carry firearms for self-defense during demonstrations in Cleveland ahead of next week's Republican convention if allowed under Ohio law, the group's chairman said.

The plan by the group could add to security headaches for the city after last week's killing of five police officers in Dallas by a U.S. Army veteran who had been drawn to black separatist ideology, including on Facebook, before hatching his plan to target white police officers.

Several other groups, including some supporters of presumptive Republican presidential nominee Donald Trump, have said they will carry weapons in Cleveland, leading to concerns about rival groups being armed in close proximity.

Members of the New Black Panthers GETTY IMAGES

"If it is an open state to carry, we will exercise our Second Amendment rights because there are other groups threatening to be there that are threatening to do harm to us," Hashim Nzinga, chairman of the New Black Panther Party, told Reuters in an interview.

"If that state allows us to bear arms, the Panthers and the others who can legally bear arms will bear arms."

Nzinga condemned the Dallas shootings as a "massacre" and said his group played no role in the attack.

Police in Dallas, where Texas's "open carry" law allows civilians to carry guns in public, said seeing multiple people carrying rifles led them initially to believe they were under attack by multiple shooters.

Officials in Ohio have said it will be legal for protesters to carry weapons at demonstrations outside the convention under that state's gun laws.

REUTERS

> *"If that state allows us to bear arms, the Panthers and the others who can legally bear arms will bear arms."*
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Jordan Rodgers spills on his sibling rivalry

ALL PHOTOS GETTY IMAGES

"Bachelorette" front-runner and hair coif connoisseur Jordan Rodgers has made a play to be his own man, for once.

Jordan, the younger brother of All-American football star Aaron Rodgers, has been pegged as the less desirable (read: less athletic, less cool, less rich, less dating Olivia Munn) member of the Rodgers clan.

This week, J & J shared a tender moment when Jordan addressed his crippling self-confidence problem, dishing out some shade to his cooler, more famous sib along the way. "Me and Aaron don't really have that much of a relationship. It's just kind of how he's chosen to do life," Jordan told Jojo, divulging that the brothers don't communicate with each other at all.

But Jordan showed some scheming smarts, artfully turning this vague Aaron trash-talking into a personal sob story.

"At every step of my life I was just kind of a disappointment," Jordan continued. "No matter what I did, it was never good enough for a coach or for a teammate, because I was being compared to someone who did it the best." Still, it's hard to feel bad for poor Jordan, who somehow still spent time playing in the NFL himself despite being a total "disappointment."

Sorry, Jojo, looks like you won't be getting those Packers box seats after all.

Irina Shayk just has really bad allergies — OK?

Irina Shayk and Bradley Cooper are causing quite a racket.

At the Wimbledon men's final on Sunday, the "Hangover" actor and Russian supermodel appeared to be deep in a lovers' quarrel — caught on camera. A tearful Shayk dabbed at her eyes while Cooper dished out some major side-eye.

The Twittersphere immediately ran wild with speculations, some more serious than others.

"Hold up. I know that reaction. She's crying cause he said 'after this lets stop for a pizza on the way home' #tearsofjoy," one user quipped.

Another rushed to Cooper's defense with a simple "PRAY 4 BRADLEY COOPER."

But sources close to the power couple are coming to the rescue, blaming Shayk's tears on a nothing more than allergies. The defense for Cooper's snarky looks? He was looking past his girlfriend to chat with tennis legend Stefan Edberg, who was sitting next to Irina out-of-camera. Looks like the only drama was reserved for the courts.

the word

Heidi Klum never to tie the knot again?

On an ice cream truck filled with her lingerie outside Macy's in New York, Heidi Klum recently talked to People StyleWatch about all the things she loves — like beautiful bras and love itself. The model also notes she's happy and very in love with her boyfriend, Vito Schnabel.

"I love being in love, like when you have the butterflies in your stomach and when you feel great. I celebrate all the romance," she said.

But Klum doesn't want more than a boyfriend. Despite her happiness with Schnabel, she doesn't seem too fond of the idea of marriage, adding, "Why hurt something when it's all good the way it is?"

Marriage has brought a lot of hurt for the star. She has been divorced twice, from stylist Ric Pipino in 2002 and then from musician Seal in 2012. We say do whatever makes you happy, Heidi.

@chrissyteigen
I'm over Pokemon. Please let's pretend I never played and I never bought hundreds of pounds of incense

@tyrabanks
Sometimes, fast food is just what your belly needs #DriveThru

@daxshepard1
I wish someone would hire me to play a guy with a mustache. I think I could do it.

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The #BlackLivesMatter essential reading list

Pick up these books to better understand one of the biggest civil rights battles of our generation.

NICOLE HUNTER
@MetroPhilly
letters@metro.us

Protesters gathered in NYC following the recent police shootings of Alton Sterling and Philando Castile. LENYON WHITAKER

This year, 381 people have been killed by police officers in America. And despite making up only 13 percent of the U.S. population, black men are 2.5 times more likely to be killed by a police officer than white men, according to a study by the Washington Post.

While many would agree that those numbers reveal gross inequality and a lack of regard for African-Americans, the Black Lives Matter movement still continues to divide many parts of America. Inspired by the rounds of recent protests surrounding the killings of Alton Sterling, Philando Castile and the police officers in Dallas, we've compiled a reading list that will help you understand why the movement is so important.

"Between the World and Me"

by Ta-Nehisi Coates

Winner of the National Book Award for Nonfiction and a finalist for the 2016 Pulitzer Prize, Coates' memoir is a touching letter to his son — one in which he grapples with what it means to be black in America, unpacking America's history of racial violence in the process.

"Americanah"

by Chimamanda Ngozi Adichie

Post-9/11 America is the setting for this novel, which paints a vibrant picture of one Nigerian woman's experience navigating academia, the middle class and the subtle microaggressions she encounters along the way.

"The Warmth of Other Suns"

by Isabel Wilkerson

Wilkerson packages her exhaustive historical research into a page-turning work of narrative nonfiction spanning the first and second Great Migrations from 1915 to 1970. It puts into historical context the wealth gap between white and black Americans, proving how race and class can be closely intertwined.

"The New Jim Crow"

by Michelle Alexander with foreward by Cornel West

Exposing the idea of postracial America as a myth, Alexander sets out to prove that mass incarceration of non-white men is the Jim Crow of our times, or as she states, "a stunningly comprehensive and well-disguised system of racialized social control."

"The Eve of Destruction"

by James T. Patterson

The year 1965 was arguably one of the most turbulent in American history, from the onset of the Vietnam War to a series of high-profile civil rights protests (Selma) and race riots (Watts, Los Angeles). Patterson's book explores how 1965 was a transformative year that set the course for American politics and race relations for decades to come. Could 2016 be the 1965 of our time?

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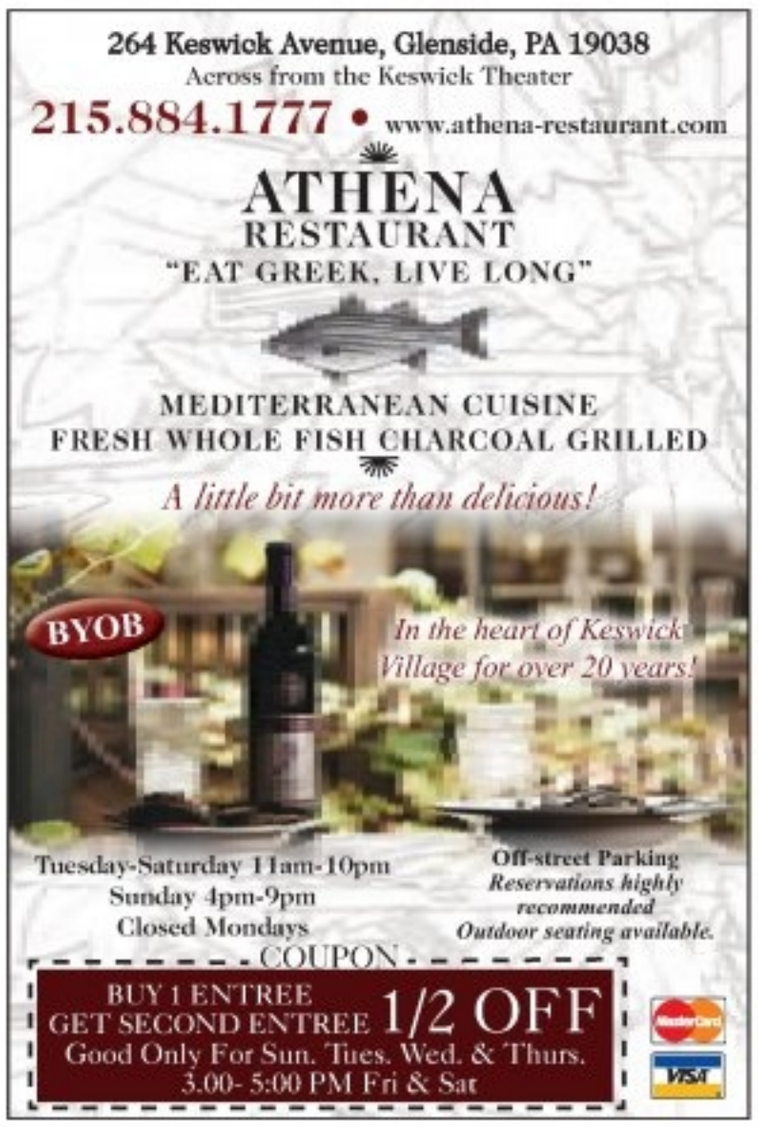

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Pokemon Go will make you happy

Geek Girl in Hollywood

JENNA BUSCH
legionofleia.com

Playing Pokemon Go requires (gasp!) going outside and maybe even (double gasp!!) talking to people. GETTY IMAGES

Remember last week when I said we need some good news in the face of what's happening in the world? Well, that's still true. I'm not going to write about "Ghostbusters" and all the MRA hate. Not that I won't talk about it in the future, but today, it's not happening. Instead, I'm going to tell you about what I did all weekend, which a large number of you probably did as well: I played Pokemon Go.

Please don't do the math, but I was a little bit older than the kids who got into Pokemon when it first came out. I knew about it. I thought Pikachu was adorable. I've heard words like Jigglypuff and Zubat. I just never played it. I was very aware of Pokemon Go coming out, but it wasn't until people started posting pics of themselves with a Pidgey on their cat's head that I downloaded it to see what all the fuss was about.

I was immediately hooked. Now, I play a lot of video games, but this one stands out. Why? You have to go outside! Sure, you can sit in your apartment with your phone app open, buying incense to attract the little buggers with real money. But to really make it work, you have to walk around your neighborhood to Pokestops.

They're at churches, in malls, at parks and near beaches. You have to travel around to find different kinds. You have to leave your house at various times because some Pokemon only come out at night. Imagine that! A video game that makes you exercise! You want to hatch eggs? Cool, but for some of them you have to walk five kilometers to do that. My legs are actually sore from Pokemon hunting!

The other thing is: You actually meet new people. My boyfriend (who doesn't play but is a really good sport) and I wandered around the park in our new neighborhood at night to catch Pokemon, and as we'd pass groups of people with their heads down, I told him, "They're playing, too!" As we'd pass, they'd yell out, "Gotta catch 'em all!" or "There's a Pikachu over by the baseball mural!" In Trader Joe's, while buying snacks, I caught a Doduo and laughed. The cashier yelled out, "Did you know our front door is a Pokestop?" I shot a show today and half the people there were trading tips.

I've never seen a game that got people moving, got people talking to each other and let me play to my heart's content without charging me an arm and a leg. I'm happy. It's nice to go out and have fun, and know that most of my friends are doing the same. Now, watch where you're walking, wear sunscreen and go catch 'em all!

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Katie Barbato releases her new album this summer at Philadelphia folkfest. MATT TEACHER

Katie Barbato promotes peace through song

"Everybody Runs" was released this week.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Philly-based musician Katie Barbato is taking a stand for social change through music. This week, the folk rock artist posted a song called "Everybody Runs" to her Facebook page, following a week of violence in the United States with the shooting deaths of Alton Sterling, Philando Castile and five police officers at a protest in Dallas. We chatted with Barbato about what led her to write her song of peace, why more mainstream artists don't take a stand through music and steps we can all take to make a difference.

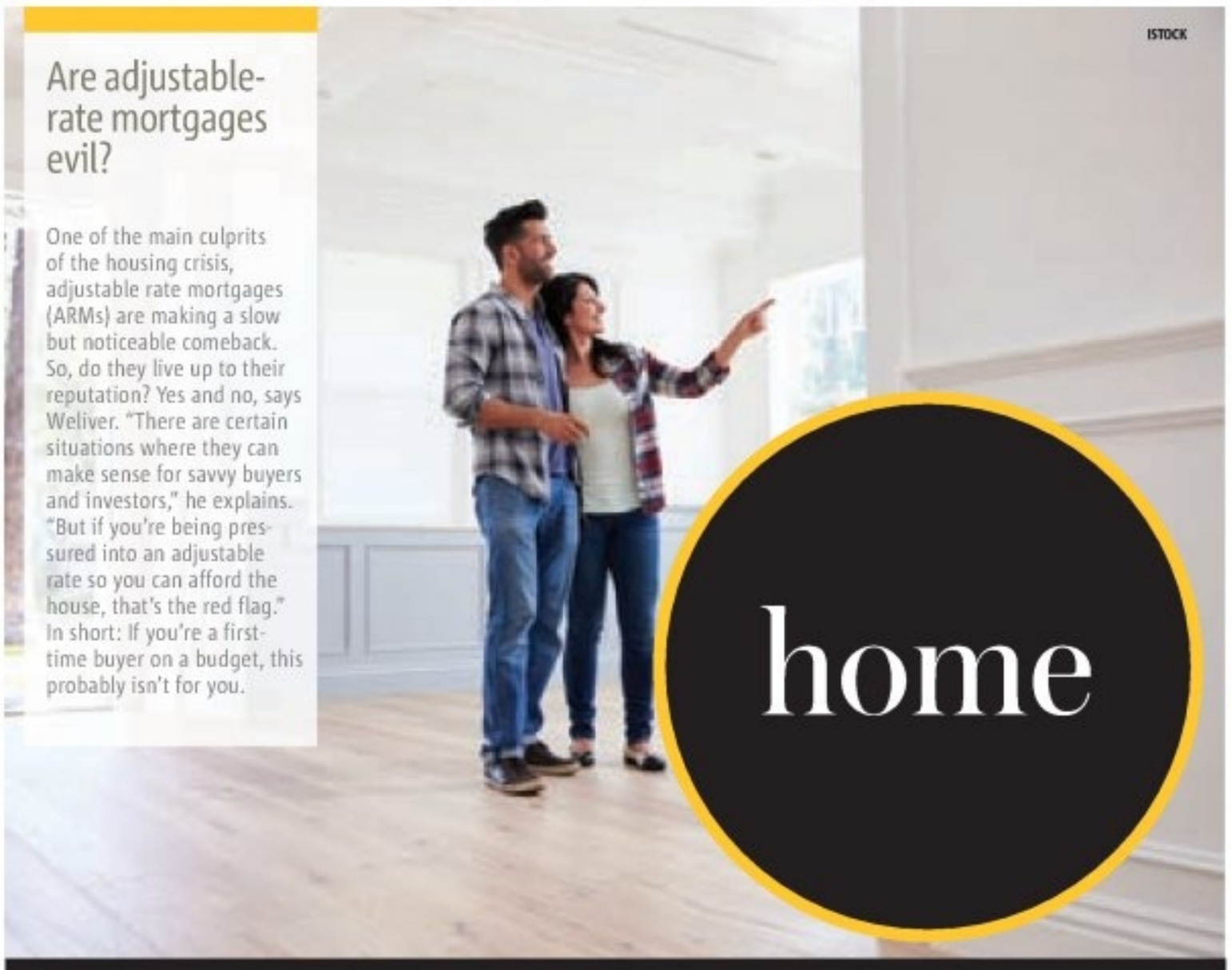
What inspired you to write this new song?
I originally wrote the chorus after Sandy Hook. I know we were all feeling a collective despair and I was feeling very angry and sad. Then, right after the Orlando tragedy, the floodgates opened and the song finished itself. Every time I play it, I am empowered to move beyond fear and toward love. I hope to share that with others when they hear the song.

Do you find that mainstream artists today are less likely to take a stand on social issues in their music?
I don't see it as much in mainstream music these days, but I am seeing a revival now, especially in the indie music world. I see artists like Ginger Coyle from Philly and Danielle Miraglia from Boston touring and promoting songs that are socially aware. I feel it is our duty as artists to bring awareness to social issues, bring comfort and spread peace. Music is therapy, after all. Maybe one day the world will be saved by a song!

Why do you think that is?
I don't think it for a lack of concern or complacency, but I am not sure if social awareness is considered trendy. It is controversial and not every view will appeal to the masses, which is mainstream. I hope there will be more of a revival of social issues in mainstream music. We are very lucky to have a timeless treasure trove of protest songs, and it is very easy to turn to a song like [John Lennon's] "Imagine" for comfort in times of distress. I always turn to Lennon, George Harrison, Bob Marley and Jimmy Cliff. It is also a little scary when a song from the past resonates so strongly in the future. It is time for all of us to wake up and make changes.

What are steps that every one of us can take to make the world a more loving, peaceful place?
First, cultivate a loving awareness of yourself. Practice compassion with yourself. Tune into your empathy. Think of others as an extension of yourself. Listen — really listen. Volunteer in your community. Perform small acts of kindness each day for others and yourself. Forgiveness and an open mind will bring us all peace.

For more on Katie's music, visit: katiebarbato.com



Are adjustable-rate mortgages evil?

One of the main culprits of the housing crisis, adjustable rate mortgages (ARMs) are making a slow but noticeable comeback. So, do they live up to their reputation? Yes and no, says Weliver. "There are certain situations where they can make sense for savvy buyers and investors," he explains. "But if you're being pressured into an adjustable rate so you can afford the house, that's the red flag." In short: If you're a first-time buyer on a budget, this probably isn't for you.

4 Myths encountered by first-time homebuyers

From credit to condos, expert tips on what to consider before hitting up those open houses this weekend.

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Buying your first home can be stressful. And that's OK — if you're not a little anxious about writing a check with that many zeros, you're probably missing something. But knowing the facts can make things a little less scary, so with that in mind we hit up David Weliver, founding editor of personal-finance website Money Under 30. Here, he busts four common myths encountered by first-time home buyers.

"Renting is always a bad idea — you're throwing away money"

If you're renting, chances are you hear this "fact" from well-meaning friends and family on the regular. But the truth is, you'll throw away more money if you buy before you (and, ahem, your savings account) are ready. "This myth is so ingrained in people that they get angry when I say it's OK to rent," he says. "But owning a home comes with all kinds of maintenance costs, and if you're not ready to own, well, you're not losing out on as much money as you think. The home you live in is not really an investment — it's a roof over your head. The value might appreciate over time, but people tend to overestimate the appreciation."

"Condos are maintenance-free"

You won't have to actually hire the roofer if you buy a condo, and that can sound appealing to young, busy buyers. But you're still paying for it in monthly condo association fees, and you can expect those fees to go up every year — or worse. "It all depends on how the association is managed and how much it has in the reserves," says Weliver. "For an emergency, is there $20,000, or $500?" If it's the latter, expect a "special assessment" — aka money you didn't budget for — when the roof decides to quit.

"Credit scores are dated"

According to a recent survey by Bankrate.com, only 33 percent of Americans between 18-29 own a credit card. Wary of borrowing after coming of age during the recession, debt-shy millennials may be in for a surprise when it comes time to settle down. "We always hammer home that you simply need to have credit," says Weliver. "Twentysomethings are credit-averse, which can be good, but you're missing out on building good credit, and that will affect your mortgage rate."

"This is a great starter home"

Yes, that two-bedroom trinity in the city sounds great for now. But will it still suit your needs down the line? If not, reconsider. If you sell in fewer than five years, you're likely looking at a loss, says Weliver. "Think about your finances now, but just as importantly, think about them in the future," he cautions. "Kids are expensive, and people are surprised when they realize day care can be as expensive as a mortgage."

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Perkasie's Baranoski, Rio bound, looks to put keirin racing on map

The Philadelphia-area cyclist — and current Penn State student — has an outside shot at a medal at next month's Olympics.

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Don't feel bad if you don't know what — rather than who — keirin is. Not many Americans do.

But Perkasie's Matt Baranoski hopes that will change Aug. 16 when he competes in the 2,000-meter keirin cycling event in the Olympics.

"It's probably the most fun you can have on a bike," said the soon-to-turn-23-year-old Baranoski, who started racing at 6 when he used to tag along to see his older brother Chris compete. "It's six guys lined up standing clipped onto a bike. Each guy has a holder to push him off to start the event.

"Then a motorcycle will come around at around 22, 23 mph. We'll all settle in behind the motorcycle, but we're not allowed to pass it. The motorcycle gets the speed up to around 31 mph by end of five-and-a-half laps, then he pulls off the track and the race is on."

Got all that? Over the ensuing two-and-a-half laps — with each lap being 250-meters long (that's 625 meters total) — the riders will engage in a sprint to the finish.

"It's very much strategic," explained Baranoski, who returned in May from two months training with the Canadian Olympic team in Milton, Ontario, because he had a strong relationship with Team Canada coach Erin Hartwell. "You can jockey for position when the cycle's on the track. There's a qualifying round with four heats of six, followed by the semifinals. The entire event is the same day."

Which means Baranoski and the rest of the keirin field will have 11 days between the Aug. 5 opening ceremonies and the race. But don't expect them to spend that time touring Rio, on the beach or watching the rest of their fellow Olympians in action.

"It's the Olympic Games," he explained. "It comes once every four years. It's not something you want to go into tired and have any excuses we're not gonna do well.

"I doubt we'll see anything unless there's something in the area where it wouldn't take much out of us. Fortunately the velodrome [where cycling events are held] is in the Olympic complex, less than a mile away, so we don't have to worry about transportation."

Matt Baranoski is one of many Philadelphia-area Olympians with a chance to medal next month. GETTY IMAGES

Baranoski doesn't seem particularly worried about the Zika virus, and his mother, Linda, and girlfriend, Liz, will be there to watch him.

"I think they're concerned a little bit, but not terribly much," said Baranoski, who came up short in his bid to make it to London in 2012. "Since it's winter in Rio, I think the mosquito population [spreading the virus] will be a little less than it is now. And I'm not concerned at all. I am well taken care of by the Olympic committee. I've been to a lot of similar countries like Mexico and Colombia, so this is nothing new for me."

Since making its debut in Sydney in 2000, keirin has been an Olympic fixture, with a women's event added in 2012. The U.S. has yet to earn a medal, though Baranoski, who took home the bronze in the 2015 keirin World Cup and finished second in World Cup standings, says don't rule him out.

"I'm definitely the underdog," he conceded. "but I do have couple of World Cup medals and have proved I can be a contender. My goal is to make the final and anything can happen from there."

But first there's work to be done.

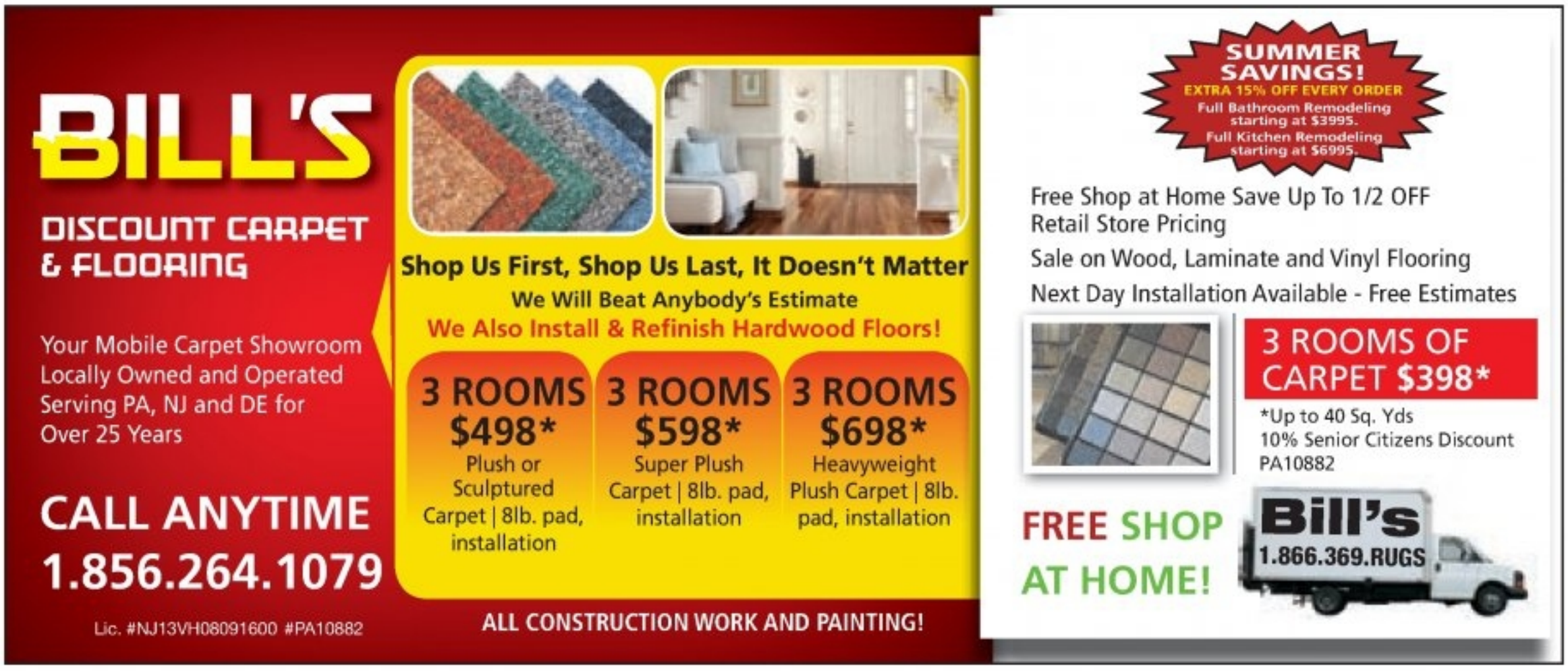
"There's a lot we have to do before we get there," said Baranoski, who leaves for Brazil on Aug. 3. "A typical training day for me my first workout is at 9 a.m. — three hours either on the bike or in the gym. Rest for a few hours, then back on the bike from 4:30 to 7:30.

"Going to the Olympics I don't think it's really sunk in that I'm going. I think it will sink in walking into opening ceremonies."

As for the closing ceremonies, that's a different story.

"I won't be there for closing ceremonies," he revealed. "I'm studying at Penn State to be an electrical engineer. I took two years leave of absence to do this, so I come home the day after I race and have to be in class four days later."

And just maybe the man from Perkasie who'll compete in the event nobody knows about will have a shiny new medal to show his classmates.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Next step of Sixers' mission to compete requires patience

Philly fans should have reasonable expectations, but a lot of optimism with the 2016-17 76ers.

ANDY JASNER
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Ben Simmons has made the Sixers the most popular ticket in NBA Summer League action. GETTY IMAGES

In NBA circles, the summer of 2016 will be known as the chunk of time that free agents were handed millions of dollars like it was Monopoly cash.

Fringe players were awarded millions simply because the collective bargaining agreement was set up in such a way.

The Sixers haven't panicked.

They could have thrown $100 million at a player like Harrison Barnes. After three seasons of disastrous results — 47-199 — Bryan Colangelo has walked cautiously. It has been a brilliant business decision.

The Sixers have added several pieces — guards Gerald Henderson (two years, $18 million), Sergio Rodriguez (one year, $8 million) and Jerryd Bayless (three years, $27 million).

Sexy signings? No.

Smart additions? Absolutely.

There's absolutely no reason to rush at this point. It looks like Dario Saric is on his way. It looks like Joel Embiid is ready to begin his promising career. It looks like Jahlil Okafor is healthy and ready for a strong sophomore season. It looks like Nerlens Noel is prepared to improve.

Of course, trades are always possible. But the whole point all along was to slowly build this franchise. There's no quick fix.

The biggest change just may be No. 1 overall pick Ben Simmons.

Let's be realistic for a minute.

When the Sixers selected Allen Iverson with the No. 1 overall selection in 1996 following an 18-64 debacle, the future immediately looked brighter. It got that way with a trip to the NBA Finals in 2001.

One season after adding "the Answer," the Sixers win total improved from 18 to 22. Yes, a total of four wins. Transformation of a franchise doesn't occur overnight.

Could the Sixers have moved swifter with a free agent signing such as Jamal Crawford? He's a terrific veteran player, but at this stage, it's best to wait and watch the young players develop.

Imagine a starting lineup of Simmons, Henderson, Saric, Noel and Okafor. Embiid, Robert Covington, Bayless, Rodriguez and others would be available off the bench. This is a nice picture.

The win total won't likely shock many people. If Iverson was good for a four-win improvement, what would be a number for this group? If they move from 10 wins to 28, that would be stellar. The Minnesota Timberwolves won 29 games last season with the likes of Karl Anthony-Towns, Andrew Wiggins and Zach LaVine. This team is loaded with young talented players, but the wins didn't reflect that progress.

Be patient, Sixers fans. This building may not produce a championship. But they're doing it the right way. The last three seasons were painful. This season should be enjoyable.

With assets overseas and through the draft, just think about what the franchise may look like in two or three more seasons. The fan base should be excited.

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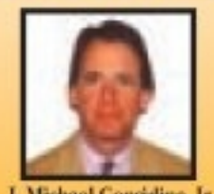

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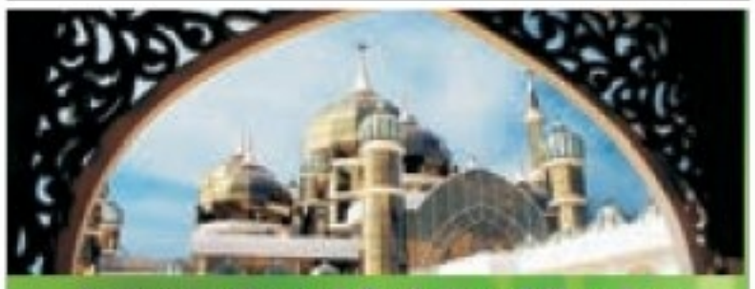

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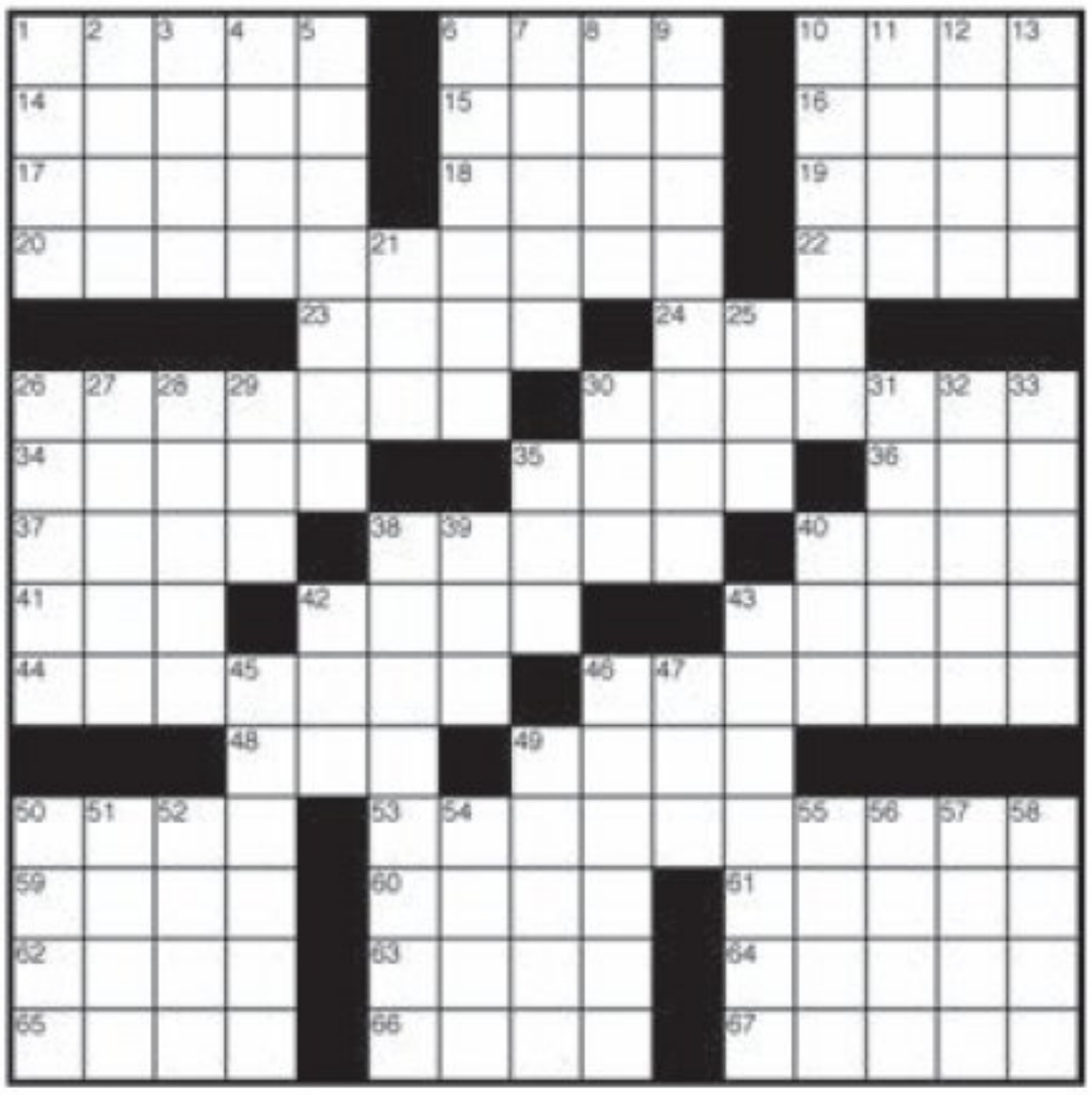

Across

1 Sugar crop
6 Smoothing tool
10 Bugged off
14 Not built-up
15 La — Tar Pits
16 Knuckle under
17 Get — — out of
18 Feedbag morsels
19 Fishing float
20 Saved but not rescued (2 wds.)
22 Queen —'s lace
23 Auto pioneer — Benz
24 Popular pet
26 Postpone
30 More gung-ho
34 Loft denizens
35 Plain on the moon
36 Hurry along
37 Go postal
38 Mexico's Sierra —
40 Eyeliner site
41 Dog days mo.
42 Coal scuttles
43 "Luncheon on the Grass" painter
44 Building material
46 Fans
48 Ltd. cousin
49 Soft metal
50 Bullring cheers
53 Falls
59 Strong wind
60 "Cope Book" aunt
61 Overstuffs
62 Leaf veins
63 Budget item
64 Huffing and puffing
65 Latin 101 word
66 Courtesy env.
67 Assembles

Down

1 Lingerie buys
2 Franc successor
3 Clapton or Idle
4 Chore
5 More glossy
6 On deck
7 Speak slowly
8 Catherine — -Jones
9 Wash-and-wear (hyph.)
10 Track down
11 Bard's black
12 Plant with fronds
13 Small fry
21 Newscaster -- Rather
25 Birthday count
26 Fragment
27 Self-move firm (hyph.)
28 Waterlogged
29 Bakery purchase
30 Sense organ
31 German wine region
32 Quilt material
33 Hits the hammock
35 Rx givers
38 Panhandlers, in a way
39 Tack on
40 It has a long arm
42 Sweetie
43 Token amount
45 Most sensible
46 Tongue-lash
47 Drink like Rover
49 Sketches
50 Horrible boss
51 Place to hibernate
52 Napoleon's isle
54 General vicinity
55 Sea eagle
56 Sidewalk —
57 Shed, as light
58 Mach 1 breakers

metro.us/sudoku

easy

6	1		8			5	3	
			1	3				
7					9		8	
		1	6			4	9	
		8				7		
	5	6			2	8		
	4		7					1
				1	3			
	3	7			5		4	9

hard

	3		7			1		
2			3		9	5		
	5				1		3	4
	1	5	2		3			
				7				
			4		5	9	1	
5	8		9				6	
		3	5		2			8
		9			7		5	

metro.us/horoscopes

Aries Make a deal. Revisit an old idea or investment in order to find a way to get ahead. Discipline and personal change will mark a new beginning. Discuss your plans for the future.

Taurus You'll be sensitive to comments made by friends and family. Consider what's been said and who said it before you respond. In time, the advice offered will make sense.

Gemini Some devoted personal time will help you update your appearance and give you a chance to think about the people you choose to surround yourself with. Refuse to be a follower.

Cancer Your drive and determination will help you bring about changes at home. Look outside your usual routine and expand your horizons. Someone you encounter will enlighten you.

Leo You need to keep things in perspective. If you let your emotions dominate, you will end up in a dispute that will hold you back instead of helping you move forward.

Virgo You'll receive information that will influence a decision you make or change your plans. Don't limit what you can do. Take action and offer hands-on help.

Libra Problems with people you work or deal with regularly will arise. If you use charm, deploy compliments and are willing to compromise, you will get your way.

Scorpio Take care of business quickly so that you can do something more enjoyable or educational. Taking part in a conference or course will be enlightening as well as fruitful.

Sagittarius Fight for your rights, but don't exceed boundaries, rules or regulations. Do your due diligence and find out all the facts before you proceed.

Capricorn A good deal will make your day. Search for the perfect gift for a loved one. A change in the way you approach someone will make a difference. Listen and learn.

Aquarius Don't venture too far from home. A job worth doing is a job worth doing right the first time. A romantic gesture will improve a personal relationship.

Pisces An opportunity will present itself if you are sincere and express your intentions. Negotiations, contracts and unexpected offers and financial gains look promising. **EUGENIA LAST**

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